



Rockford Police Department

RACE HOTLINE

Sgt Steve Dabkowski
616-632-6232

or

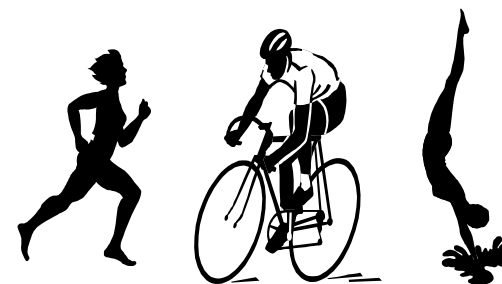
Officer Rick Rafferty
616-866-9557

or

Sgt Kevin Sweeney
616-866-4411

Rockford Area Kids Triathlon
C/O Kevin Sweeney
Michigan State Police
345 Northland Dr
Rockford, MI 49341

2nd ANNUAL



Rockford Area Kids Triathlon

RUN/BIKE/SWIM

Saturday July 9, 2005

9:00am

Rockford North Middle School

Rockford, MI 49341

All Proceeds Benefit





Registration For

ENTRY FORM – Please Print

Last Name_____

First Name_____

Address_____

City_____State_____Zip_____

Phone(____)_____

Date of Birth____/____/____

Age On Race Day_____

Gender (Circle One) M F

Shirt Size (Circle One)

ADULT: S M LG XL XXL

CHILD: Youth S Youth M Youth L

Registration Fee:

\$20.00 Registration Fee (includes t-shirt)

(Race Day Registration from 8:00am – 8:45am

Not guaranteed a t-shirt for race day registration)

Please return this form with your check made payable to:

Rockford Area Kids Triathlon

Mail Registration To:

**Sgt Kevin Sweeney
Michigan State Police
345 Northland Dr
Rockford, MI 49341**

WAIVER: I know that running/biking/swimming in a triathlon is a potential hazardous activity. I should not enter my son or daughter in a run/bike/swim unless they are medically able and properly trained. I agree to abide by any decision of a race official relative to their ability to safely complete the run/bike/swim. I assume all risk for my son/daughter associated with running in this event, but not limited to falls, contact with other participants, the effects of weather, including traffic and conditions of the course, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in my considering of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release; City of Rockford, Rockford Area Kids Triathlon, all sponsors and volunteers, and any representatives and successors from all claims or liabilities of any kind arising out of participation in this event.

Date_____

Signature_____

(Parent or guardian must sign if participant is under 18 years of age)

***PARTICIPANTS MUST WEAR A
BICYCLE HELMET***

In Case of Emergency, Notify

Name_____

Relationship_____

Phone_____

Rockford Area Kids Triathlon

Saturday

July 9, 2005

9:00am Run/Bike/Swim

Rockford North Middle School

Location

Rockford North Middle School is located on the northwest corner of 10 Mile and Northland Drive.

Course Description

The course will be run on pavement in the neighborhood surrounding Rockford North Middle School and the White Pine Trail. The swimming will be done at the Rockford North Middle School.

Age Groups

<i>RACE</i>	<i>AGE</i>	<i>RUN</i>	<i>BIKE</i>	<i>SWIM</i>
A	16-17	3 miles	6 miles	200 yds
A	14-15	3 miles	6 miles	200 yds
B	12-13	2 miles	4 miles	100 yds
B	10-11	2 miles	4 miles	100 yds
C	8-9	1 mile	2 miles	50 yds
C	6-7	1 mile	2 miles	50 yds
D	0-5	50 yds	50 yds	1 width

Flotation devices are allowed and parents can run/bike/swim next to their children. Lifeguards will be present for the swimming

Race Start Times

Race A 9:00am

Race B 10:00am

Race C 11:00am

Race D 11:30am

Awards will begin at 12:00pm

***Participants must check in at registration a minimum of 1 hour before the start of their race**

Entertainment between races will include a live band, moon walk, hot dogs and refreshments.

Awards

- Awards for the top three finishers in each age group
- Medals for all participants
- Certificates for all participants
- T-shirts for all participants

Volunteers are needed! Please call Sandi Jones at 616-632-6221 for more information on how you could help out